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December 2, 2010

Rape Victim Sues UMW for \$10 Million

By **HEATHER BRADY**
and **JESSICA MASULLI**
Staff Writers

A former UMW student, who was sexually assaulted in 2008, is suing the university for \$10 million, alleging negligence in providing a secure environment for students.

On Oct. 3, 2008 at 2 a.m., the former student, who was then a sophomore, was threatened, abducted, falsely imprisoned, raped, sodomized, sexually assaulted and battered while walking to her car in the UMW parking deck, according to the lawsuit.

It is the *Bullet's* policy not to

name victims of sexual assault.

The victim, who is represented by Attorney Lewis Lowery, is suing the University of Mary Washington, but the defendant is listed as the Commonwealth of Virginia since UMW is a state school.

The lawsuit has been in the works for around two years, according to Lowery. UMW received a notice of claim at that time, a formal written notification of the lawsuit, which was dated Sept. 28, 2009.

Lowery said that he had been in contact with the state attorney general's office before that date, however.

"There isn't anybody in the attorney general's office that can say they were surprised to get this," he said, adding that the victim's first choice of action wasn't to file a lawsuit.

The lawsuit alleged that UMW is liable for the harm the victim suffered as a result of UMW's failure to use "reasonable care" in fulfilling its duties to offer a secure environment.

According to the lawsuit, UMW did not provide an escort service at the UMW parking deck, and in the early morning hours security personnel did not patrol the UMW parking deck.

Lowery said that patrols stop

when the UMW parking deck closes.

"There isn't anything closed about it," he said. "There's no gate that comes down. There wasn't even any monitoring of it. When they say that it's closed, it's the same time they could have a police patrol there."

The assailant entered the UMW parking deck through unsecured entrances, and was able to attack the victim and then leave without being detained, examined, interrogated, stopped, observed, filmed, photographed or identified, the lawsuit stated.

"They can get very accurate pictures of the people who are at

the parking garage," Lowery said, pointing to the video of Hample's Safety Walk blue light test in September 2009 as an example. "They don't have the videotape of the guy who did this, but [they] could have."

The passageways inside the UMW parking deck are dangerous, invite opportunities for assaults and are unguarded, according to the lawsuit. It said the passageways, which are accessible by pedestrians and motor vehicles, are not effective security devices, and UMW knows this.

The lawsuit alleged that unauthorized people have free

access to those areas, and that the assailant was able to detain the victim, attack her, and then flee as a direct result of the unsecured UMW parking deck entrance.

"They could and should have done a better job of making the parking deck secure," Lowery said.

Former President Judy Hample's description of her fictitious situation and attacker during the September 2009 UMW Safety Walk is strikingly similar to that of the victim, the lawsuit stated. Hample's actions have interfered with the investigation, arrest and

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Honor Charges Spike at Finals

By **BULLET STAFF**

The end of the semester is approaching, a time when honor code violations tend to spike.

Last fall, 21 cases of honor-code violation were reported to the UMW Honor Council, with 12 of the cases from fall semester reported during or immediately following finals week alone.

Honor councils at other Virginia colleges, including the University of Virginia and the Virginia Military Institute, have seen the same trend.

"People do not necessarily want to cheat," said UMW Honor Council President and senior psychology major Sarah Spangler. "People are just stressed and overwhelmed."

Freshman Mason Moorman provided thoughts on why students cheat.

"People get into a habit of cheating in high school, where it is extremely common, so it's just a continuation of that behavior," Moorman said. "Students who also fail to properly manage their time may see cheating as the only way to get their work done."

In a recent review of reported honor-code violations at UMW, the number of reported cases held steady from last year.

Eight cases were reported in 2009, the same amount reported in 2010.

Some of the sanctions this year include loss of course credit and 50 hours of community service.

At the University of Virginia, Charles Harris, the chair of the honor committee, said, "We do receive more reports after exam periods like finals or midterms. This certainly makes sense, however, as during these periods of the semester significantly more students are completing academic work."

Thomas Baur, superintendent's representative to the Honor Court at Virginia Military Institute said, "At VMI the trend is to see more cases at the end of the semester, although not necessarily during exams. It seems that the end of the semester projects, papers and tests create pressures that lead to cheating."

In comparison to some Virginia schools, the honor code policy at UMW is relatively lenient.

The honor code tradition at UMW, which was based on the

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Heather Brady/Bullet

On Sunday, 12 Mary Washington Eagle logos were installed along College Avenue at a cost of \$16,020, according to the *Free Lance-Star*.

"Eagle pride is spreading throughout the campus. The Eagle logos on College Avenue will make a statement that can be enjoyed by our students and the community as well as the many visitors and prospective students who come to Fredericksburg," said Vice President Rick Pearce in a press release.

Philanthropy Class Donates Buffet's Funds to Local Charity Organizations

By **PAULINA KOSTUROS**
Staff Writer

On Nov. 30, the economics of philanthropy in the nonprofit sector class awarded several grants to local charitable organizations, funded by Doris Buffett.

The class granted \$4,100 to Habitat for Humanity Middlesex, \$2,500 to Rappahannock Goodwill Inc., and \$3,400 to Bragg Hill Family Life Center. All of the organizations were chosen by the students in the class.

According to junior Aaron McPherson, who is a student in the class taught by Professor of Economics Robert Rycroft, the philanthropy class asked different charitable organizations to fill out an application to receive \$10,000 or an increment of this money. The money ultimately goes towards funding one of the organization's programs.

Before accepting applications, McPherson said the class creates a foundation, mission statement, and application. A committee consisting of people in the class reads the applica-

tions and presents the top ten or eleven to the class. It is then decided which organizations will receive the funding.

McPherson is very excited about the decision this year.

"We ended up choosing these three because we felt they were going to use the money in a way that best reflected our mission statement," McPherson said. "Another reason we chose these three organizations is because we felt they were going to use the money for sustainable, community-based programs. This means they are using the money in a way that will have a prolonged effect on the people they are trying to benefit, instead of a one time-benefit."

Junior Maura Monahan is also enthusiastic about the decision this year.

"I was on the 'Application Review Committee' and we received 51 applications this year," Monahan said. "There is so much more than I ever imagined that goes into reviewing grant proposals."

According to the University of Mary Washington Philanthropic Society (UMWPS)

homepage, the society partners with Buffet, Warren Buffet's sister and the Sunshine Lady Foundation to distribute the money.

The UMWPS mission "is to improve the quality of life for people living in the greater Fredericksburg Region...This mission will be accomplished by providing financial contributions to regional nonprofit organizations serving to aid low-income or homeless individuals and families."

Vice President Greg Chambers of Habitat for Humanity of Middlesex County Youth Services-Middlesex Kiwanis is very grateful for the money.

"It allows us to further our mission and help more people," Chambers said. "We build with the community and there are student affiliates."

Buffet, who founded the Sunshine Lady Foundation, was excited to spread the word about helping people.

"That adage, 'what you accept you condone' is a powerful message," Buffett said. "You can make this world a better place. Everyone has a part in it."

Buffet said the organization, which was started 14 years ago, opened doors for her.

"We are results oriented and we make people's lives better,"

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Marie Sicola/Bullet

Doris Buffett speaking to the UMW philanthropy class.



BEAT

By LINDLEY ESTES
Staff Writer

Nov. 16, 1:33 p.m.: Copper guttering was reported stolen from Belmont. There are no suspects at this time.

Nov. 17: A petit larceny was reported at parking lot 12 at Alvey Hall. The owner of a vehicle parked there reported the Mercedes emblem stolen from the hood of the vehicle. The investigation is still pending.

Nov. 18, 12:20 p.m.: A green and black Trek bike was reported missing from Alvey Hall. The investigation is pending.

Between Nov. 20, 7:00 p.m.: A student reported a blue and white Next bike missing from Westmoreland Hall. The bicycle has been recovered.

Nov. 20, 2:00 p.m.: A petit larceny was reported outside of Westmoreland Hall. A student reported that sometime between Oct. 31 and Nov. 20, a blue and white Mongoose bike went missing. The bicycle was recovered.

Nov. 21, 12:58 p.m.: 16 students were issued administrative referrals for underage possession of alcohol at the UMW apartments.

Nov. 22, 10:09 a.m.: A commuter student reported the theft of a UMW commuter decal on College Avenue near Payne Street.

Nov. 25, 10:30 a.m.: A copper downspout was reported stolen at Marshall Hall.

Nov. 29, 9:17 a.m.: Vandalism was reported in South Hall. A fire extinguisher was discharged without cause. There are no suspects at this time.

Nov. 29, 5:17 p.m.: A UMW student was given an administrative referral for possession of drug paraphernalia.

Nov. 29: A UMW student was arrested in Fredericksburg for urinating in public.

Nov. 30, 8:00 a.m.: A blue Mongoose bike was reported missing sometime between Nov. 22 and Nov. 30 at Jepson Science Center.

Nov. 30, 8:00 a.m.: Staff reported computer equipment and a video camera missing sometime between Nov. 5 and Nov. 30 from Trinkle Hall.

Nov. 30, 1:25 p.m.: A 'Bus only' parking sign was uprooted and removed from Powhatan Street.

Nov. 30: 12:30 a.m.: Some time between Nov. 26 and Nov. 30, copper downspout was stolen from Mercer Hall.

Nov. 30, 5:00 p.m.: The UMW police responded to a report that at some time between Nov. 23 and Nov. 30 a black 21-speed bike went missing from Eagle Landing near the pedestrian bridge.

This information was compiled with help from Assistant Vice President for Public Safety and Community Services Susan Knick, and Fredericksburg Police Department Public Information Officer Natafia Bledsoe.

Lawsuit Claims UMW Negligence

◀ LAWSUIT, page 1

prosecution of the assailant, and have served to humiliate the victim, it said.

"That is an assertion based on our view of what she's done," Lowery said.

Lowery said that Hample, as well as other people for whom the state are responsible, "have done things that have made it more difficult to catch the person who did this."

According to George Farrar, the associate vice president of University Relations and director of communications, Hample's blue light call did not interfere or relate to the victim's investigation.

The Bulletin attempted to reach Hample, but she was unavailable for comment.

The lawsuit blamed the university for:

- negligent security measures employed, the negligent installation and maintenance of security devices, and the negligent hiring and training of security personnel

- failure to properly monitor, inspect and maintain a location that UMW should have known to be dangerous

- failure to warn and protect authorized UMW parking deck users of the dangers of the area that UMW should have known about

When asked about safety procedures since the incident, Farrar said, "Safety procedures throughout the campus are continually being reviewed and updated."

After the assault, the student immediately drove to Stafford County, where she said she felt "very comfortable," according to the original Bulletin article about the incident.

She reported the incident to the Stafford sheriff's office and was taken to the hospital. The case was then referred to the Fredericksburg Police Department, who then notified UMW.

The Fredericksburg police assisted with gathering evidence from the victim's car, but they were not directly involved in the

investigation process, according to Natafia Bledsoe, public information officer for the Fredericksburg Police Department.

The UMW Police Department released a sketch and description of the assailant. An anonymous donor offered a \$10,000 reward for any information that would lead to a successful arrest and conviction of the assailant.

UMW Police Chief Eddie Perry deferred comment to Farrar. Farrar confirmed that the investigation is still open.

The Office of the Attorney General does not comment regarding ongoing litigations.



Courtesy of UMW Police

The police sketch of the suspect in the 2008 assault case in the UMW parking garage.



Courtesy of nydailynews.com

Four Loko, a caffeinated alcoholic beverage, is soon to be banned from convenience store shelves.

Caffeinated Alcohol Soon To be Pulled From Shelves

By ANNE ELDER
Staff Writer

College campuses have been buzzing about recent FDA regulations involving popular alcoholic energy drinks, which are expected to be off shelves by mid-December.

Amid controversy regarding the drinks and their influence on accidents among young adults, the FDA notified four manufacturers of the drinks on Nov. 17 that they must remove the caffeine, as it is an "unsafe food additive," from their products, according to an FDA press release.

"The manufacturers of these products have failed to show that the direct addition of caffeine to their malt beverages is

"generally recognized as safe" by qualified experts," read a FDA consumer update report. "Rather, there is evidence that the combinations of caffeine

company plans to remove the caffeine, guarana and taurine from their beverages nationwide. The release said that the Chicago-based company hopes to continue to work with the government to create standard regulations for alcoholic, caffeinated beverages.

Inside Higher Education estimated that the original Four Loko recipe contains the equivalent of three beers, a can of Red Bull and a large espresso.

According to the Washington Times, the "black-out in a can" has already been banned in Michigan, Utah, Oklahoma and Washington.

In Virginia, the ban announcement provoked buying binges, according to WHSV in Charlottesville. Five stores near

the University of Virginia reported that they were already sold out of the drink.

Junior Sarah Smethurst said that the bans were a result of the government trying to protect people who couldn't protect themselves.

"I think if people were smarter about using any substance we wouldn't have to deal with the repercussion of legislation," Smethurst said. "Four Loko will not kill you unless you go overboard, and 'overboard' is a different measure for everyone—you have to know your limits."

The Washington Post similarly reported buying binges in Washington, D.C., where an American University student deemed the ban "the end of an era."

I think if people were smarter about using any substance we wouldn't have to deal with the repercussion of legislation

--Sarah Smethurst

and alcohol in these products pose a public health concern."

Phusion Products, the makers of Four Loko, issued a press release which stated that the

One Strike Policy: Reconsidered

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fore the board," Searcy said.

At this time no action has been taken towards changing this policy. However, the Board of Visitors did set forth a goal of better educating the student body on the policy and the repercussions of becoming involved with illegal substances.

According to the manual prepared prior to the November Board of Visitors meeting, a task force on alcohol, drugs and sexual assault has been formed to tackle this issue.

This group will be led by Tevya Zukor of director Counseling and Psychological Services and the Director of Judicial Affairs and Community Responsibility.

Their goal, as outlined in the manual, is to "discuss how the UMW community can be transformed into a community of respect and caring in which relationship violence and drug or alcohol misuse find less fertile soil in which to grow," according to the November Board of Visitors manual.

The group will meet several times during the upcoming se-

mester, and its initial focus will be philosophical and not programmatic.

"My only concern is the signal of intolerance this policy might be sending," said BOV Rector Daniel Steen. "But we are not retreating at this time, and I think the timing would be poor now to work on this policy."

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Viewpoints

Media Correct to Report on New WikiLeaks Documents

From Guantánamo Bay to North Korea, American citizens are a step closer to understanding an often-tricky U.S. foreign policy. But the information has come with criticism.

On Nov. 28, 250,000 cables, or government-diplomat daily correspondence, were published by the *New York Times* and other selected news sources. The cables were released through WikiLeaks.

Since the release, WikiLeaks and news organizations have been under fire for releasing secret information. Americans have questioned: Is there a public good in releasing the documents? Is it necessary to see the day-to-day bickering of politicians? Are lives at risk by releasing secret cables?

While these are all valid concerns, the newspapers have not been wrong in their decision to publish.

First, there is certainly a public good to understanding American foreign policy. It seems ridiculous that a newspaper like the *New York Times* would simply ignore sensitive information they have access to.

The issues discussed in the cables are the issues that Americans read everyday on the front page of their

newspaper. Prior to the WikiLeaks, North Korea was a newsworthy topic due to recent attacks and nuclear threats.

Now, the Wikileaks provide even further information about the U.S.'s plans to reunify North and South

Staff Editorial

Korea.

It would be ethically wrong to not publish relevant information that impacts the safety of the public.

"It would be presumptuous to conclude that Americans have no right to know what is being done in their name," the *New York Times* said in a note to readers.

Most importantly, the current release and prior releases regarding Iraq have not caused any lives to be lost, according to the Pentagon.

The newspapers have taken steps to ensure safety by withholding dangerous material and by contacting the State Department. WikiLeaks gave the State Department the opportunity to cut certain sensitive materials, but in-

stead the government's response was that all the information needed redaction.

"As a general rule we withhold secret information that would expose confidential sources to reprisals or that would reveal operational intelligence that might be useful to adversaries in war," the *New York Times* said in a note to readers.

The newspapers and WikiLeaks have not just aimlessly posted delicate material for the world to see without thinking of the dangers. They have aimed to provide transparency, while still aiming to do no harm.

If the government is to learn anything from this incident, it is that if they do not want cables to be released to the world, they should restrict access and work to eliminate security problems.

If Americans are to learn anything from this, it is that our government does not always represent the people's interests.

Journalism is the mediator between these two entities. It seeks to uphold the well being of the public by allowing access to information, while still protecting the government from dangerous exposures.

Good Friends Made Outside Party Scene

Freshmen herds are looking in the wrong place for college fun

By AUSTIN BARTENSTEIN
Staff Writer

They had no idea did they? These poor freshmen, roaming around in herds throughout the Fredericksburg area, really didn't know before coming in that Mary Washington is not full of raging parties like you see in Animal House?

As cliché as it is to make of fun of freshmen, it makes upper classmen feel better about their lives heading into the real world. We can rarely resist the temptation of denial that we were never as stupid as the freshmen are in the given year.

Still, it always surprises me when I see these clueless freshmen at the beginning of each year. I wonder if this is the only school they applied to, or if they just assume every college is a party school.

My freshman year, I never knew anyone to walk around the small city that surrounds our campus, where mostly families live, searching for a party.

Perhaps this was because my friends and I were involved in different clubs and sports teams. Maybe it was because we kept our doors open all the time in Jefferson and got to know practically everyone in the dorm. My theory for the formula to have a great time at UMW is a mixture of both.

Sports teams and clubs serve as the social groups that Greek life could provide. The only difference is you don't have to pay for your friends here, and if you join one of these groups, you are likely spending time with the people who share your interests already.

Fun isn't hard to find here. If you try hard enough, you can find it at any school you go to. Some freshmen that enter college expect that a great time will just fall in their lap. That might be true at some huge schools, but at other small ones like ours here in Fredericksburg, you have to try a little harder.

At almost the end of another fall semester at UMW, many freshmen have become somewhat familiar with the school. And unfortunately, we won't get to laugh at the herds of freshmen still looking for parties. Hopefully this is because many have found a group of people they like, not because it's too cold

to go out.

Nightlife outside the UMW gates is relatively nonexistent because Fredericksburg has never heard of a nightclub and has few bars that welcome students. Believe it or not though, UMW has plenty of parties any given weekend night.

Sure, they aren't the same size as those you'll see at schools like JMU or UVA, but I like that you can almost always find someone you know at a party here.

It's also nice to know you don't really have to worry about your iPod getting stolen or any random townies coming into the house.

The best part about going to a school this size, is that whether you take the opportunity or not, you can get to know so many people here.

The best part about going to a school this size, is that whether you take the opportunity or not, you can get to know so many people here.

I have friends at larger schools who say that seeing their friends on campus is a special occasion. I can't imagine the alienating feeling I would get if that were the case at our school.

It's a well-known fact here that there isn't nearly as much to do on our small campus in our small town as a bigger school might provide. However, the people who love it here are the ones who have taken advantage of that small-town feel. They joined a group they love or have taken the time to get to know many people around campus.

Use that same drive you use to walk around Fredericksburg looking for a party and channel it into making actual friends. In addition, if you're in a dorm, keep your door open. Soon enough, you'll have plenty to do on a Saturday night and definitely won't be concerned with where the biggest party is.

Finals Require Distractions

By AUSTIN BARTENSTEIN
Staff Writer

It's Dec. 11, you're finally done with exams and likely to be on your way home, but as slow as the two weeks after Thanksgiving go by, you rarely get a chance to stop and appreciate the holiday festivities around you.

Like every other year of college, students will spend almost the whole first half of December away from their families. And instead of celebrating and getting ready for the holidays they will be stressing over final exams.

While winter breaks in college are generously longer than the ones most of us had in grade school, most students are away from their families and don't get to spend the first half of the holidays with them.

Even before exam week begins, professors assign plenty of work to consume your time during the end of the semester. While a lot of the work can be

avoided by not putting it off, a chunk of it is often intended to be done at the end of the semester. Therefore, we miss the first two weeks of December.

This means different things for students who celebrate different holidays.

Hanukkah takes place this year from Dec. 1 to Dec. 9, so Jewish students have to spend it at school stressing about the end-of-the-year assignments instead of enjoying those days with their families.

In addition, Christian students miss the first two weeks of Advent, which is an exciting time in the weeks before Christmas.

This is a problem without an easy solution. We cannot change when the school decides to have its breaks, neither can we control when our professors decide to assign work. While we can definitely control procrastination, we will likely decide not to.

So what's the solution? Well, if it's anything like the past it involves having

tacky sweater parties, hanging up cheap versions of Christmas trees and decorations, and finding anything else to distract us from the stress of finals.

Fredericksburg isn't the worst place to be for the start of the holidays. You can still get holiday shopping done at Central Park and downtown.

Downtown Fredericksburg looks very festive this time of year, too. They even have a holiday parade the first weekend in December where they close off Caroline Street. Several organizations and school groups participate, and it really brings the whole town together.

We can't enjoy the first half of the countdown to Christmas, or any other holiday with our families at home. However, we can still enjoy the countdown to the end of our finals with our friends at school. The start of the holidays is the best distraction to do that. It may be the only way to come out of those last weeks before break content.

Winter: Cloudy With A Chance of Snow, Suicide

The month from mid-December to mid-January is the longest amount of time many of us spend at our parents' houses each year.

In probably unrelated news, approximately 20 percent of the population suffers from Seasonal Affective Disorder (SAD), according to the American Academy of Family Physicians (AAFP).

SAD is a type of depression triggered by the changing seasons that usually begins in late fall or early winter and is gone by summer. Symptoms include fatigue, loss of interest in things you once enjoyed and lack of energy.

The AAFP believes a lack of adequate sunlight is the primary cause of SAD and recommends light therapy and leaving the house every once in a while as possible treatments.

As a long-time (we're coming up on four years) self-diagnosed sufferer of SAD, I am clearly more qualified than the Internet to offer advice for people wishing to overcome this debilitating condition.

I'm assuming you've considered the obvious and decided against sticking your head in the oven with your Christ-

mas ham. Smart move. No one wants brains in their dinner.

My absolute favorite thing to do when I feel SAD is to change into some overpriced loungewear from Anthropologie, listen to Radiohead and walk around slamming doors and sighing a lot. It feels just like an indie movie, especially on days when it's raining.

It's also a really good idea to become nocturnal because you end up with a lot of time by yourself in the dark while the rest of your family sleeps. Sometimes you can go days without talking to a single person, which is great. You'll find that when you're SAD, everyone around you becomes unbearable.

Frequently when I'm bemoaning my existence, people suggest thinking of the less fortunate as a way to put things in perspective. Precious, from the movie "Precious: Based on the Novel 'Push' by Sapphire," is usually the first person who comes to mind, which really bums me out.

Instead, I like to think about people who are significantly more fortunate than I am and consider how awful they must feel about Precious.

Thinking of richer, better looking,

less SAD people suffering is a great way to make yourself feel better.

Another fun option is to look back on all the people you've rejected in your life.

Thought You Knew



By Jordan Kroll
Columnist

Doing this makes me feel powerful and gives me a sense of control, which can make the SAD go away.

For a while, at least.

Be careful though, this often leads to thinking about the times when I've been rejected, which causes more SADness.

When parts of my treatment take an ugly turn like that, I like to remember how insignificant everything is. I do this by looking at pictures of space. There's nothing bigger than space (hold on—this is about to become a pretty scientific discussion) and the space we're talking about when we refer to space? That's just the parts of the universe that are proven to exist.

Don't even get me started on all of the undiscovered parts of space (and the aliens!). There's no way to feel important after that.

I bet that if Barack Obama is reading this right now, he is wondering why people even care so much about what he's up to, given how irrelevant we all are. I bet this is helping Barack Obama overcome his SAD.

If none of my thoughtful mind exercises have helped with alleviating your SAD, consider yourself lucky. It's time to seek professional help.

Please don't view this as a negative thing; psychiatrists mean pills.

I'm not suggesting that you develop a substance abuse problem. In fact, I would see this as a business opportunity. Instead of taking the pills yourself,

you should save them for next semester and make some cash in January.

Nothing will ever make you happier than money.

Plus, I hear UMW is currently suffering from a drug dealer shortage. Now's your chance to monopolize the industry. And, if you stick to pills, they're totally legal to receive through the mail as long as the prescription is in your name.

If none of these tips are quite right for you, you could always make a paper chain, counting down until the date the world is set to end in 2012. Not only are crafts a great way to distract yourself from how horrible you feel about being alive during the winter, but you will also get to see just how near the end really is.

Keeping these helpful suggestions in mind, I hope you all have an enjoyable, SAD-free month with your families.

I feel like I should mention that I'm not, like, a doctor or anything, though. I barely passed biology.

Maybe you should try the light therapy.

Letter and Editorial Policy

The *Bullet* is always eager to receive letters to the editor and guest columns, and every effort is made to print them.

Letters should be submitted the Monday before publication. Letters should be no longer than 300 words, and columns should not exceed 700 words.

We will not publish anonymous submissions. Letters must include a phone number and address for purposes of verification. They can be mailed to the *Bullet* at 1701 College Avenue, Fredericksburg, VA, 22401-4666, delivered to our office in Seacobeck Hall or sent to our e-mail at umwbulet@gmail.com.

Opinions expressed in columns or letters to the editor do not necessarily reflect the views of the staff. Contact the *Bullet* at 540-654-1133.

the
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Viewpoints

Debating Politics With Family Over the Holidays

Avoid political arguments with relatives

By **CALVIN SHERWOOD**
Political Columnist

Everyone knows the three topics that should never be discussed at the dinner table over the holidays. If you don't, read the rest of this article and you'll be the master of all holiday dinner conversation from now on.

The first one is sex, and all matters pertaining to it, because thinking of most family members in that sense is gross.

The second is religion, because this is an extremely personal topic for some people and excommunication or damnation to hell at the dinner table is bad.

Most important, don't bring up politics at the holiday dinner table. The first two may have been bad, but politics is worse, because everyone has an opinion, which most likely differs from yours.

You don't eat turkey in the voting booth, so why would you talk politics at the dinner table?

The first reason you shouldn't bring up politics at the dinner table is because it's very rude; if you are a guest and you know that your host doesn't agree, then you are simply trying to make a situation awkward.

That is a silly idea because there will be plenty of awkward ideas at the dinner table already, which certainly don't need your help. Likewise, if you are the host and you decide to poke your guests' polit-

ical bubble, don't act surprised when you get the "deer-in-the-headlights" look.

This leads right into the next reason why you shouldn't ask about politics, because most of the time people who want to share how they feel will have already done so. Pretty soon, you will probably wish they would eventually stop sharing too.

For others, politics is something you do in the voting booth, just like eating turkey is something you do at the dinner table. You don't eat turkey in the voting booth, so why would you talk politics at the dinner table? It just doesn't make sense.

Lastly, arguing politics over dinner is useless.

By **BRIAN AURICCHIO**
Political Columnist

Maybe that conservative uncle won't be so angry since you're family, or maybe he'll yell just as loud as he normally does.

No matter what, engaging in the argument could help you articulate your ideas quickly while yelling across the family table. Your debate skills will

my uncle. After screaming about the flaws of Donald Rumsfeld, the mistakes made by the Bush administration and the liberal media turning the nation into anti-patriots, my uncle got up and left the table, only to be seen about an hour later.

While talking about politics can create a hostile environment and uncomfortable family tensions, it was one of the first times our entire family partici-

pated in a politically substantial conversation.

It's important to remember that these concerns are not confined to your family.

These are anxieties felt by the entire population. You get the opportunity to experience some of these concerns first hand and apply these smaller conversations to national discussions.

This discourse obviously has limits. If you have a gay cousin, you probably should not start ranting about how homosexuality isn't a valid lifestyle. Beware of your family's sensibilities and try to keep the conversation in the in-

tellectual realm, leaving personal attacks out of the argument.

Also, keep in mind some state of tolerance. Do not engage in unwarranted dogmatism and accept the opinions of others. This was the flaw of my brother and uncle. Just because you politically disagree does not mean you cannot get along as people.

Perhaps the most valid advice I can give you before you see friends and family this holiday season, is to approach political subjects with humor. Do not begin a conversation by quoting some ridiculous line from Rush Limbaugh or Sarah Palin. People will immediately respond to that type of die-hard political ideology.

These conversations will create an open environment for political discourse. It might even install certain values that were not entertained by your family before. Maybe the quiet cousin at the end of the table will start speaking about some of these issues. No matter what happens, it is definitely important to bring up the discourse that we, as a nation, engage in daily.



Opposing Viewpoints



You aren't going to change Uncle Frank's opinion about gay marriage, he's been voting since before you were born, you college punk. In the grand scheme of things, your opinion on the budget and immigration isn't as important as you think they are.

The only effect arguing could possibly have on people is to make them angry and want to not like you. This is very bad if they are your hosts and you are their guest. It may be entertaining for a little bit, but politics at the dinner table is probably not the brightest idea, so just stick to weather and sports. That ought to be enough for anyone's intoxicated relatives.

most definitely improve and your family might finally realize that you have an individualized opinion about something other than what food at the table tastes best.

I'll never forget the fight between my conservative uncle and my ultra-liberal brother a few years ago during Christmas. After my aunt had finished talking about the Iraq War, my brother added, "It's for oil anyway." This did not sit well with

Birth Control May Lead to A Decrease in Sexual Desire

If you're experiencing decreased sexual desire, the cause may be your birth control. Oral contraceptives are like any other medicines in that there are a range of side effects associated with them. Birth control affects all women in different, highly variable ways. Most women know that birth control can cause headaches and weight gain but overlook the increased risk for lower libido.

Since oral contraceptives slightly alter sex hormones, it is not surprising that contraceptives can alter one's sexual desires as well. Different types of birth control vary in the amount and type of hormones used to suppress ovulation but, in general, they all use synthetic hormones that mimic estrogen and progesterin that prevent the release of an egg.

Additionally, the hormones thicken the mucus around the cervix, which makes it difficult for sperm to pass through the cervix and attach with an egg.

More directly related to decreased sex drive, birth control reduces the production of androgens, which directly affects sexual desire and sexual pleasure. Testosterone is the most commonly known androgen.

To add insult to injury, birth control is speculated to increase the amount of libido lowering "sex hormone binding globulin," or SHBG, which attaches to testosterone.

In turn, the combination of reduced testosterone and increased SHBG negatively impacts sex drive and sexual pleasure in some women.

For some women, birth control can lead to full on sexual dysfunction, including reduced libido, decreased pleas-

ure from intercourse, and decreased lubrication during intercourse.

Surprisingly, recent research has shown that discontinuation of the pill does not lead to discontinuation of the aforementioned side effects.

American endocrinologist Claudia Panzer found that "continued pill users had four times the levels of SHBG in their system than non-users." Even more astonishing is that even those who had discontinued using the pill for 120 days had two times the levels of SHBG than women who had never taken the pill.



Marie Sicola/Bullet

A triphasic birth control pill.

Moreover, research needs to be done on women with sexual dysfunction that have never taken birth control. It is probable that birth control does not decrease sex drive and that some women naturally have decreased libido.

Libido is a complex thing that needs to be researched from many different angles. I think the research is too unclear and the subject matter too complex to pinpoint the pill as the main cause for decreases in sex drive at this time.

While birth control may control more than just pregnancy and have some negative effects, its value should not be disregarded. For many women, birth control does not affect them negatively. In fact, womens-health.co.uk states that only five to ten percent of women will experience reduced sex drive because of birth control.

If you are experiencing symptoms of sexual dysfunction and are taking oral contraceptives, I recommend talking to your doctor and discussing different types of pills.

Switching from a monophasic pill to a triphasic pill may help clear up symptoms of sexual dysfunction, since triphasic pills deliver varied amount of hormones to your body throughout the month, mimicking a natural cycle more so than a monophasic pill, which contains the same amount of hormones in each dose.

However, keep in mind that contraceptive pills effect every woman in slightly different ways.

Be patient, as it may take a while to find the right pill for you. Nevertheless, I think the wait is worthwhile, for the pill is 99.9 percent effective in preventing pregnancy, if taken correctly.

Don't forget to use condoms to prevent STDs. Additionally, be sure to use condoms if you are in the midst of switching to a different type of birth control pill. The pill takes a few weeks to reach maximum effectiveness.

Make Bets to Earn Money Over Break



By **STEPHANIE LICHIELLO**
Columnist

The holidays are right around the corner and you're hard up for some cash. What can you do to earn a couple extra Benjamins? I know what you're thinking. This girl is about to tell me to do something incredibly illegal. Although that thought did cross my mind, it's probably not the best or most resourceful way of making money. Instead, I suggest you make friendly bets with family members, particularly older siblings or relatives with real jobs and/or money to blow.

I do not condone gambling, but rather a fair game of truth or dare...without the truth. It sounds simple, right? Make bets, earn money. What most people don't realize is the strategy involved in such a contest.

I'm one of those people that can't stand to lose. It doesn't matter if I'm engaged in a thumb war or a simple game of checkers, somehow my competitive streak takes over and suddenly, a leisurely round of Mario Kart turns into a 60-minute screaming match between the TV and me.

This idea of betting came about in my family when a family friend gave us one of those Hickory Farms gift baskets complete with smoked summer sausage and an assortment of cheeses about seven or eight Christmases ago. What I don't understand is how people still think this is a practical and appropriate gift. I mean I'd be happy with a bottle of wine and some store bought mozzarella, but that's just me.

All of this food was obviously going to go to waste if someone didn't eat it, so my older, much stronger brother de-

cided to live things up a bit. When mom and dad weren't around, he dared me to eat an entire log of room temperature cheese, appropriately called a chub, for \$20. I chuckled at how easy it sounded, but there was a catch: 5 minutes, no water, and no throwing up.

Although I accomplished the cheese-eating contest and went on to conquer bigger and better things, there was a point at which I thought I might have to bow out gracefully.

The contests became less and less frequent over the years until this year after Thanksgiving dinner when the sibling rivalry was back in full force.

Somehow my brother found himself betting \$20 then \$40 that I couldn't eat a delicious chocolate brownie with vanilla icing wrapped in greasy leftover turkey skin from the 20-pounder we just devoured only minutes earlier. He made sure to choose the two foods that would make the most disgusting combination.

It was all a big joke until my cousin said she'd throw in \$10 if I'd let her videotape it. I had visions of seeing myself on YouTube later that night, but my reservations were squashed when I thought about the new outfit I could buy on black Friday with my winnings.

I proceeded to make myself a napkin bib before grabbing a fork and knife and digging in. The first bite was slimy and for a moment I thought I might lose the entire contents of my stomach on the table in front of me. However, I pushed through with a smile and ate every last crumb.

Can you really blame me though? I'm a college student. If I can make the same amount of money in two minutes that I make in five hours at my job, let's just say I'm in it to win it.

Luckily, I didn't get sick afterward but despite my love affair with chocolate, I may never eat another brownie again.

Now that I've thoroughly grossed you out and made you lose your appetite, think of your own childish bet and dare your little brother or sister to do it. You'll be surprised how quick some people are to say yes. The lesson is that some people will do anything for money or just the satisfaction of winning.

Sexclamations
By **Erin Hill**
Columnist

It is important to note that this research is not a reason to throw away your birth control pills.

Although this short-term study suggests birth control pills can have long term effects even after discontinuation of usage, more thorough, larger scale research needs to be completed before we can make these broad ranging assumptions about birth control and libido, especially considering that a myriad of factors can reduce sex drive, such as stress.

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Entertainment

Bond is Back: 'GoldenEye' Remake is a Blast

By KYLE SHEARIN
Staff Writer

It's hard to imagine, but it's been a solid 13 years since "GoldenEye 007" for the Nintendo 64 strafed its way into our hearts and minds.

Developer Rare's iconic original game is easily considered to be one of the most influential first-person shooters of all time. Like "Super Smash Bros.," it's one of the few games from that era that can still get friends huddled around the same TV, cursing and laughing.

I personally have a strong connection to "GoldenEye 007," as it marked the beginning of my love for first-person shooters and continues to spark heated arguments with friends about who really killed who more.

So with such a powerful legacy to follow, developer Eurocom certainly has its work cut out. Make a slavish recreation of the original or try something new and daring? Fortunately, the new "GoldenEye 007" takes the latter option by largely ignoring its 1997 predecessor, aiming for something much more modern in the vein of "Call of Duty."

Many of the same important story elements found in the original are still here, but "GoldenEye 007" is a true retelling in that everything is a bit more layered than before, adding new twists and turns to keep the story fresh for fans of the original.

The game swaps Pierce Brosnan out as James Bond for the current model, Daniel Craig, star of "Casino Royale" and "Quantum of Solace." In fact, all the roles have either been recast or given complete makeovers except M, reprised by Judy Dench.

While this complete face-lift does

add some new energy to the plot and the game's look, allowing it to have some breathing room between it and the original game, it's still a bummer to see the hilarious character Boris written out of the plot entirely.

All of the iconic levels you'll remember from the original are present here, like the Dam, Facility and Jungle.

For being a Wii game though, you'd expect an innovative, effective control scheme, but really, you're much better off just sticking with the GameCube or Classic Controller rather than using the Wii remote and Nunchuk combo unless you want sniping to be jittery and difficult to control.

Stealth plays a huge part of the new

you to slowly heal after being hit rather than having to hunt for more body armor. Another adopted modern innovation is environmental damage that allows your surroundings to get torn to pieces and change your tactics up.

Enemy soldiers are a lot of fun to fight against, providing a rich challenge, though sometimes they can be

making the multiplayer experience feel like classic "GoldenEye 007," which excelled in its simplicity. As a result, the multiplayer here is a blast, maintaining the spirit of the original and is available to play online, though without any voice chat.

Many classic modes for local "sit around the couch and swear at each other" multiplayer return here, like "You Only Live Twice," "Golden Gun," and the infamous paintball mode. Many fan-favorite old villains are back, like Jaws and Oddjob. And don't worry, "GoldenEye 007" veterans: yes, Oddjob can still throw his hat like in the original.

Sadly though, computer-controlled bots are not an option here.

I don't think this new "Goldeneye 007" will have the same impact that the original did. It's nowhere near as revolutionary, but it still is a very solid shooter and easily the best the Wii has to offer in the genre.

The game occasionally suffers from a few technical problems, causing the game to slow down, but curiously only during single-player. In the multiplayer, the game runs perfectly, even in chaotic moments online and in split-screen.

If you treat "GoldenEye 007" like a completely new "Bond" game, rather than a remake of the classic, it'll be easier to overlook its shortcomings. Ultimately, "GoldenEye 007" feels like a new experience and doesn't rely on the source material for nostalgic kicks.



courtesy of firsthour.net

Daniel Craig replaces Pierce Brosnan in this new remake of 1997's "GoldenEye 007," updating the classic for modern audiences yet still appealing to fans of the original.

The game's new style for these levels is grittier and sleeker than before. It's a marvelous looking game with great attention to detail in each environment that helps immerse you into the game.

Although you still follow a linear path through the levels, a trend more or less bucked by modern games, it feels really organic here.

game, but old-school run and gun tactics are also totally acceptable. But it's just as satisfying to enter a room and slowly take out each enemy one by one with a swift karate chop to the neck opposed to rushing in, guns blazing.

A big improvement from the original is the adoption of the current standard of regenerating health, allowing

annoyingly perfect shooters.

Going along with Daniel Craig's more modern version of Bond, gadgets don't play a huge part in "GoldenEye 007," though Bond does have a trusty smartphone that definitely comes in handy when you need to open doors or cause turrets to turn on their owners.

Clearly, a lot of effort went into

GoldenEye 007

Available on Wii
Price: \$49.99



Good Charlotte? More Like Irrelevant Charlotte

By DAVID TINDELL
Staff Writer

I'm getting older, and I feel like it's time I finally came out of the closet.

My parents won't like it, my friends may disown me, and I'll get funny looks in class from now on, but I don't even care. I just can't take the lies any longer.

Okay, here goes: I used to be a huge Good Charlotte fan and was actually really excited about the new Good Charlotte album, "Cardiology," that came out Oct. 27.

If you look at Good Charlotte's recent discography, they're definitely due for a good album. Since the albums "Good Charlotte" in 2000 and "The Young and the Hopeless" in 2002, Good Charlotte has abandoned their original pop-punk style.

We all remember jamming out to "Waldorf Worldwide" on our way to gymnastics and blasting "Lifestyles of the Rich and the Famous" on our way to theater camp, right? Just me? Well, you get the point.

Either way, Good Charlotte's last two albums have shown that the band just do not know what they want to do



courtesy of rizriez.blogspot.com

musically anymore.

"The Chronicles of Life and Death" in 2004 attempted a more adult music

style with songs about dying, and "Good Morning Revival" in 2007 tried to get us to dance to awkward techno-

rock. Both were epic failures.

Their fan base of MTV-generation high-school girls who were already sold on their pop-punk were forced to buy slop-junk.

But at last, with "Cardiology," you'd think that they'd be due for at least one good album free from sellout pop-rock hits. Well, sellout pop-rock is their calling card so let's try that again.

Good Charlotte is at least due for an album that accomplishes their sellout pop-rock style while not being overly asinine.

And how does "Cardiology" do?

The 15-track album begins with a silly intro that begs to be skipped outright and continues with a couple of fun, upbeat songs about drinking and feeling alive. There are no "dancery" club hits contained in this album, which is good, but prepare for a lot of filler.

In fact, the simplicity of the guitar riffs makes many songs only distinguishable by the chorus.

The album becomes a little slower and more emotional by the last five songs in focusing on lead singer Joel Madden's daughter, wife and life before fame, though the problem of predictable guitar riffs and unoriginal

lyrics persist.

I'm not really a fan of Joel or his brother and backup vocalist Benji Madden's voice these days, as they both tend to get too nasally and overly dramatic.

As an indicative side note, the intro to "Harlow's Song" is near-stolen from Rihanna's song "Unfaithful," representing just how creative these guys are this go-round.

"Cardiology" is just a below-average pop-rock album with little to get excited or even complain about.

If nasally voices, predictable melodies, filler guitar riffs and syrupy-sweet lyrics are the kind of good vibrations you want coming from your sparkling pink iPod Nano, then "Cardiology" is the album for you.

"Cardiology"

Good Charlotte

Release Date: 10/27



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Difficulty: Hard

To check your answers, go to umwbulet.com/entertainment.

Entertainment

Newest, Darkest 'Potter' Flick is the Best Yet

By **MADELINE MCDONALD**
Staff Writer

Seven movies in, "Harry Potter and the Deathly Hallows: Part 1" finally proves how amazing the book series actually is.

Past "Harry Potter" films haven't always lived up to their potential. They just couldn't seem to manage telling the story as well as the books did, leaving hardcore fans feeling let down and casual viewers confused as to what all the fuss is about.

However, this first half of "Deathly Hallows" has managed to capture the complexity and greatness of the fantasy book on film. They might have split the book in half, but it was certainly a good move to make.

The fatter Harry Potter books are usually too big to squish into one movie and still be faithful. Splitting this final chapter into two films has allowed for much more detail to translate from the pages to the screen.

Some scenes feel like the words came to life, like Harry and Hermione's trip to Godric's Hollow and Snape's meeting with Voldemort and his Death Eaters at the Malfoy's manor.

Other aspects of the book that weren't that pleasant to read actually end up playing out better on film. The endless wandering through the British countryside and angsty camping that was so tiring in the book is thankfully minimized here, for instance.

The movie also manages to cut off at a point in the story that makes some sense, so viewers are left begging for more at the end instead of feeling confused.

"Deathly Hallows" didn't always read like a scary story, but it definitely was one. This film definitely tries to bring that fear out into the open. Harry, Ron, and Hermione's visit to the Ministry of Magic to try and find the first Horcrux is both gripping and horrifying.

Getting to actually watch Lord Voldemort's terrifying rule play out on-screen makes for a dark and disturbing film that finally seems to reach out to its older viewers.

Characters die gruesome deaths and face bloody injuries. Magic isn't just the glamorous, sparkly power summoned by Latin words used to unlock doors and banish Dementors with happy memories anymore. We see a much darker side of the "Harry Potter" universe, where witches and wizards abuse their powers and hurt people.

Strong characterization also helps elevate this movie beyond previous films in the series. For the first time, the characters really feel like the ones we read about for years in the books.

Maybe it's just due to the actors having matured and gotten comfortable with their roles or maybe it's because the stakes are higher for Harry and his friends in this movie. Whatever the reason, their performances feel a little more genuine than before.

The usual "teen wizard angst" associated with "Harry Potter" books and films feels almost completely absent here. Worry and fear drive Harry, Ron, and Hermione now. They have purpose now, a real sense of duty toward their quest to find and destroy Voldemort's Horcruxes. Perhaps they've finally grown up.

All in all, this is probably the best "Potter" film yet. It greatly improves upon its predecessors and manages to



tell its book's story to the best of its ability all while making you laugh, scream, cry and wish there was more. Luckily, there is.

The final movie, "Harry Potter and the Deathly Hallows: Part 2," will be showing up in theaters on July 15, 2011, so mark your calendars.

Kanye's 'Fantasy' is Better Than 'Beautiful'

By **JOSHUA LAWSON**
Staff Writer

If Kanye West is a superstar then his latest effort, "My Beautiful Dark Twisted Fantasy," is his grasp at hyperstardom.

The album is teeming with a star-studded cast of guest artists and beats that remind the world that while West may be famous for his obnoxious ego, he's truly successful because of his ingenious production. His inflated ego is still present here in spades, peppered across lines referencing everyone from Michael Jackson to the writers of "South Park," but when West claims to be the best in the game with an album as good as "Fantasy," it's hard to fault him.

Yet West's music isn't entirely self-absorbed, as a majority of the tracks on "Fantasy" incorporate samples from other songs, like Aphex Twin's "Avril 14," Smokey Robinson's "Will You Still Love Me Tomorrow" and King Crimson's "21st Century Schizoid Man."

When the album's first single, "Power," was released several months ago, it assured fans that West had moved away from the heavily criticized style of his last album, "808's and Heartbreak." But if "Power" simply strays away from his previous autotuned, minimalist effort, then the epic "All of the Lights" races away from it at full speed.

"All of the Lights" reaches for the musical stratosphere, boasting more than ten prestigious guest performers, from Drake to La Roux, as well as an orchestra of violins, cellos, French horns, flutes and more. The fact that

"Lights" is able to refrain from collapsing in on itself from the sheer amount of sonic activity is a testament to West's undeniable skill as a producer.

Other, less complex, standouts include "Monster" and "So Appalled," which serve as breathers of fresh air amid other modern hip-hop outings. Both feature well-crafted beats throughout while guest performers display their lyrical chops between choruses in what feels like the hip-hop equivalent of a jam session.

"Devil in a New Dress" finds a relaxing, mellow niche somewhere between rap and lounge music before the

album descends into darker territory with "Runaway." At nine minutes in length, "Runaway" may test the patience of some, but the eerie instrumentation does a good job of holding the listeners' attention throughout. The same cannot be said, however, for guest performer Pusha-T's uninspired, juvenile attempt at a verse on this otherwise seamless track.

In fact, many of the low points on "Fantasy" are a result of poor performances on the part of guest artists. In addition to Pusha-T's "Runaway" blemish, relative newcomer Nicki Minaj comes off as goofy and spas-

modic during her verse on "Monster" and Chris Rock overstays his welcome at the end of the generally enjoyable "Blame Game."

While the length of many of the new songs yields rewarding results more often than not, sometimes it feels unnecessary given the amount of time that is thrown away on poor performances such as those.

That said, many of the guest performances are phenomenal. Elton John's fantastic piano and Rihanna's impressive vocals add exciting flavor to "All of the Lights," West's mentor, Jay-Z, name-drops the "Dark Knight" on a terrific verse during "So Appalled" and West's protege, Kid Cudi, carries the chorus of "Gorgeous."

While the inconsistency of the album's guest stars is at times frustrating, West and his latest opus remain consistent in its offering of an interesting and eclectic musical pallet unlike anything else on the hip-hop or pop market.

West has done more than create a solid bunch of songs; he's crafted a coherent album with minimal drag from start to finish. It's extremely enjoyable and reminds us why we put up with his ridiculous ego and allow him to act a fool on national television.

"My Beautiful Dark Twisted Fantasy"

Kanye West

Release Date: 11/22



courtesy of wackythoughts.com



Jimmy Eat World to Ignite Dodd Auditorium Feb. 9

By **AUSTIN BARTENSTEIN**
Staff Writer

Giant Productions recently announced on their website that Jimmy Eat World has been selected as the spring show at Mary Washington.

The band will play Dodd Auditorium on Feb. 9.

Giant Co-Chair Justin Thompson explained the process behind booking the band, a decision that took place about a month and a half ago.

"We use a middle agent to help negotiate bands and comedians who come on campus," he said. "We saw that Jimmy Eat World was routing through the area and felt like they would be a good choice for the campus and a suit-

able band for our big spring act."

Jimmy Eat World is playing at the National in Richmond, Va. the night before.

When asked if many people in Giant were fans, Thompson said that "a lot of people in Giant are fans—they are a pretty popular band. I also know that a lot of people are excited to see them."

Previous spring acts snagged by Giant have included Gym Class Heroes last spring, Ben Folds in 2009 and Lupe Fiasco in 2008. Thompson said that Ben Folds and Lupe Fiasco were very well attended.

Gym Class Heroes was chosen out of five other acts last year via a student voting process, something that Giant did not have this year.

Thompson explained that Giant decided against having a voting process this year, because if the first choice folded, some students might not like the second choice that was chosen.

Giant Productions is the student organization on campus dedicated to bringing bands, comedians and other entertainment to campus.

This year, Thompson said that Giant tried to gauge which act would be best for the campus as a whole and expects a very big crowd for this year's show.

Jimmy Eat World started out in 1994, becoming famous with the release of their 2001 album, "Bleed American."

This album included their biggest hits, "Sweetness," "A Praise Chorus"

and their most successful single, "The Middle," which peaked at No. 5 on the Billboard Hot 100.

Since then, the band has produced three albums and released their most recent, "Invented," on Sept. 28 of this year.

The cost of tickets is \$10 for students and \$20 for non-students. Tickets are on sale now in the OSACS office between 8 a.m. and 3 p.m.

Jimmy Eat World will play Dodd Auditorium at 8 p.m. on Feb. 9. Doors at 6 p.m.

ENTERTAINMENT ONLINE

If I know you, and I think I do, right now you're thinking, "I'm glad it's almost break, but how will I survive without Entertainment?" Well never you fear, dear reader. We've got a sweet line-up of articles for you over break.

December 2 THANKSGIVING

Was it as good for me as it was for you? We reviewed Halloween last month, and now it's time for the turkey to get its due.

FOR COLORED GIRLS

Tyler Perry, a man known for silly comedy movies, decided it was his time to shine and adapt a serious Broadway play to film. Should he stick to comedy?

December 9 DUE DATE x2

Does the comedy duo of Robert Downey Jr. and Zach Galifianakis strike gold? We've got a duo of reviews to answer that question.

INTERPOL LIVE

Is Interpol any good live? We went to a concert to find out. So how'd they fare? Check online to find out.

December 16 VANQUISH

Does sliding across the ground with jets on your shoes while you pump bullets into robots sound good to you? Yeah, it sounds good to me too. *But is it?* Find out.

STOCKING STUFFERS

Christmas is coming up, and it's always tough thinking of creative stocking stuffers. Well, that's where we come in.

December 23 ERIC CLAPTON

Remember him? Good. He's still making music. Is it good though?

ROBERT PLANT

Yep. Robert Plant also still makes music. Should you still listen?

Read all about it at umwbulet.com

Features

Handmade Gifts Give Back



esfuerzodeamor.org

Women in Honduras use recycled chip bags to create clutches, headbands and earrings that are currently on sale in the campus bookstore.

By **ALYSSA DANDREA**
Staff Writer

With the holiday season just around the corner and gift ideas on the brain, a UMW student-run initiative called Esfuerzo de Amor is offering a unique and eco-friendly selection of clutches, earrings and headbands at affordable costs.

Esfuerzo de Amor is a project that began in the summer of 2008 by UMW alumna Rachel Mason on a trip to Honduras with campus club Students Helping Honduras (SHH).

While there, Mason taught some of the women to weave items out of recycled chip bags that once littered their

community.

Students involved with SHH and La Ceiba, a micro-financing initiative and partner organization also started by UMW students, helped to develop Esfuerzo de Amor.

Now, it is a full-fledged, income-generating project that operates out of the UMW bookstore. It has a website and several retail locations in Virginia, including Frill Seekers in Richmond.

The female artisans receive 50 percent of the profits up front, which helps to support their families and community.

Senior Megan Higgs, the project leader since last spring, is busy communicating with retailers, keeping an

updated inventory and analyzing market trends to ensure the project's continued success.

"It's a ton of work, but it's completely worth it," she said. "The fact that my work here as an undergrad is actually helping these people is an absolutely amazing opportunity."

Shawn Humphrey, professor of economics, has been assisting with Esfuerzo de Amor from the beginning, working with the students of SHH and La Ceiba to continue the project's growth.

"It's an unparalleled education opportunity to actually run a business that creates a difference in the community," he said.

Humphrey knows, however, that clutches and headbands can't carry the project. New products must be developed to keep Esfuerzo de Amor alive.

Senior Benjamin Saunders traveled to Honduras last summer and, in a series of meetings with the Honduran women involved, discussed prices and the adoption of a system to integrate new products into the line, such as purses, picture frames and place settings.

"We've got to keep pushing for new ideas so that we can continue selling products here in Fredericksburg,"

See **HONDURAS** page 8 ▶

Activist Speaks at UMW

Civil rights leader Roger Wilkins discussed social issues on campus

By **FRANCES WOMBLE**
Staff Writer

"Poverty makes ugly things happen to people," Roger Wilkins said in his lecture on Nov. 18.

Wilkins, a civil rights activist, attorney, journalist and professor, addressed a group of students, faculty and Fredericksburg citizens as part of the James Farmer lecture series.

In his lecture, Wilkins connected the civil rights movement and the current struggle of poverty.

"It is an aspect of American society that is disturbing to me to no end," he said.

"I was a child of the Depression," Wilkins said. "It's not over for the poorest people in our country. I am deeply troubled by the fact that we Americans are not dealing affecting with the problems of the poorest kids in our country."

Wilkins related this cyclical tendency to various events he witnessed involving children born into poverty.

He commented on the tragic nature of children who grow up in underprivileged urban areas, saying they often get sucked into violence by their limited access to resources outside of their communities.

"I was very touched on the vicious cycle of children in poverty," President Rick Hurley's wife, Rosemary Hurley, said after the lecture. "It is very perplexing to me because I be-

See **WILKINS** page 8 ▶

New Brewpub Shines

By **MOLLY MCCARTHY**
Staff Writer

Lee's Retreat, the Blue and Gray Brewing Company's brewpub, is a new restaurant in Fredericksburg that has gone relatively unnoticed since its opening in July 2010.

The B&G Brewery has been open for nearly nine years, but the increasing demand for pint sizes of B&G's array of locally brewed beers inspired owners and operators Jeff and Lori Fitzpatrick to open Lee's Retreat.

They opened the restaurant with Frederick Heller, who heads the kitchen and designed and built Lee's.

The restaurant is located at 3300 Dill Smith Dr., down Rt. 2.

"Lee's Retreat specializes in typical pub fare, but taken a step above with our own special flare" Fitzpatrick said.

"Everything is fresh and hand made. We strive to use only local products."

The food at Lee's ranges from burgers with fries to unexpected appetizers, such as coconut calamari.

Each dish has a twist: many incorporate one of the beers into their main

ingredients.

All of the salads, for example, use beer as a chief ingredient in the dressing. However, it is the specials and creative soups that particularly shine.

I recommend the coconut calamari, spicy blue buffalo wings, shepard's pie and the burgers. On one occasion, I enjoyed sweet potato soup that was lighter and richer than expected.

Specials change daily and can be found on the restaurant's website, www.leesretreatbrewpub.com, along with a full menu.

Prices are on par with those of many restaurants located downtown.

Sandwiches and salads range from \$7-\$10 and entrees are slightly more expensive, running between \$13 and \$20.

Pints start at \$4.25 and the cost for a 60 oz. pitcher begins at \$12.50.

"I think the main draw is that Lee's Retreat brewpub is housing in the same building where we manufacture our beer," Fitzpatrick said. "We have large windows where you can see the tanks and depending on when you come in, watch our brewer Madison Hill make a batch."

Fitzpatrick recommends their Classic Lager, which is their lightest.

"I like to call it our 'gateway' beer," she said.

Lee's offers four-ounce sampler flights for those who would like a test drive before deciding which style suits them. B&G offers four year-round brews, as well several seasonal options.

Those of age can venture next door to the brewery section and purchase a "growler" of one of their beers.

These giant jugs come in screw top (\$8) and flip-top (\$29) styles. Filling one half gallon-sized container (the equivalent to about six beers) starts at \$6.75.

Lee's Retreat is off the beaten path, so it's unlikely to become the new hip-hangout. It is, however, a great place to have dinner with a date, or a group of friends when you're looking to try something new.

It would be a shame for anyone wanting to support and encourage local businesses, not to visit Lee's Retreat and the Blue and Gray Brewing Company.



leesretreatbrewpub.com/

Lee's Retreat was designed and built by owner Frederick Heller.

On Saturdays from 10 a.m. to 1 p.m. the B&G Brewery offers free tours where visitors can learn about the brewing process and sample beer right from the tanks.

Chocoholics Beware: The End is Near

By **LAUREN OLSEN**
Staff Writer

A world without chocolate is one that sophomore Hannah Kassebaum never imagined.

"It would be like you telling me the sun would explode, or the wind stop blowing, or water drying up all over the earth—It would have to be a sign of the end of the world," she said.

Unfortunately for Kassebaum, the world is running short of cocoa—chocolate's main ingredient.

According to the International Cocoa Organization (ICCO), the de-

mand for chocolate will soon exceed the available supply.

Within the next 20 years chocolate could become a rare and expensive delicacy and unless preventative measures are taken, chocolate could disappear entirely.

Sophomore Karissa Herrick, who eats chocolate-covered raisins for breakfast every morning, had trouble accepting the idea.

"I didn't even think that something like that could happen," she said.

Colleen Trachy, a senior, heard rumors about a cocoa shortage but shared Herrick's incredulity.

"I thought it was one of those conspiracy theories that people talk about but probably wouldn't come true—like the world ending in 2012," she explained.

It would have to be a sign of the end of the world.

-Hannah Kassebaum

The World Cocoa Foundation (WCF) estimates that West Africa accounts for 70 percent of the three mil-

lion tons of cocoa produced annually, and the Ivory Coast supplies one third of that amount.

During the 2008-2009 growing season, the Ivory Coast experienced its weakest harvest since 2000-2001. The demand for cocoa has been increasing by 3 percent annually for the past century, supporting the ICCO's prediction

Cocoa is also produced throughout Asia, the Caribbean and South America but experts doubt that production in those areas will salvage the cocoa industry. This is especially true since chocolate is becoming increasingly appealing to markets in developing

countries like India and China, causing consumption rates to skyrocket.

The ICCO also attributes the increasing demand for cocoa to a shift in consumer preferences from milk to dark chocolate, which requires higher levels of cocoa content.

According to the ICCO, this shift has likely occurred due to the health benefits of dark chocolate, including its efficiency with lowering blood pressure and providing antioxidants.

The WCF estimates that up to 50 million people rely on harvesting

See **CHOCOLATE** page 8 ▶

Bean by Bean, Cocoa Disappears

◀ CHOCOLATE page 7

cocoa as their primary means of income. However, 95 percent of growers live below the poverty line and according to the *Independent*, the average cocoa farmer makes 80 cents a day.

The geography department at University of California-Santa Barbara reports that approximately 109,000 of the farmers in West Africa are forced child laborers.

According to WCF, the average cocoa farm is only about two to three hectares, which is between five and seven acres, and, due to existing cultivation techniques, much of that land is no longer fertile.

Much of the available land is instead being used for the cultivation of more profitable crops, like palm oil and rubber.

Harvesting cocoa has always been reputed to be a difficult process. With additional issues such as of crop fail-

ure due to pests and cocoa tree specific diseases, like "Black Pod Disease" and "Cocoa Swollen Shoot Virus," harvesting cocoa in the region has become even more problematic.

Combining these problems with the Ivory Coast's history of political unrest and volatile weather conditions, many workers are heading to urban areas to search for more stable employment.

Several companies have vowed to help mitigate the cocoa shortage, however. Last year, Nestle announced that it would assist in planting one million disease-resistant cocoa trees every year for the next decade.

Discovery News is also optimistic, claiming that if farmers are taught superior cultivation techniques, like planting cocoa beans in the shade instead of in direct sunlight, production could increase.

In addition, the organization suggests that fair trade initiatives could avert the shortage. If higher prices are offered to the farmers, they predict in-

creases in production.

"If we are willing to pay a high enough price for chocolate, then it will be produced," UMW Economics Professor Robert Rycroft explained.

"[But] if it becomes too expensive we'll simply substitute something else in its place and go on our merry way."

If this happens, Rycroft believes there is no reason to fret.

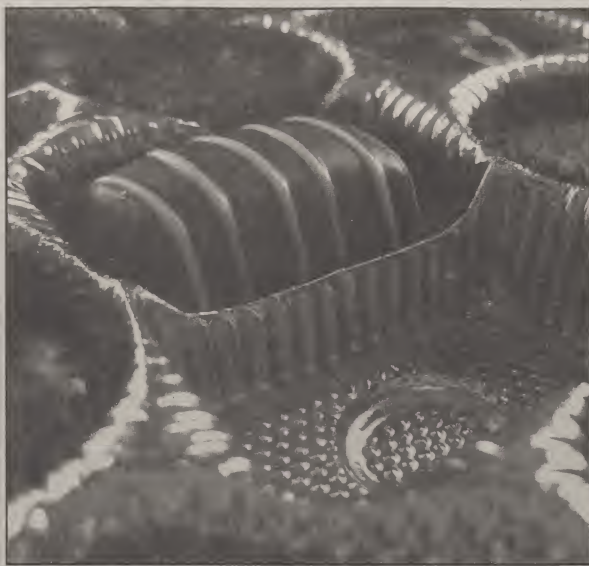
"Chocolate is nice because it tastes good and helps relieve stress, but it doesn't prevent cancer or recessions and it probably causes obesity and acne," he said.

Despite enjoying the occasional piece of chocolate, sophomore Kendall Britt feels similarly.

"I can live without it," she said.

Until cocoa bean harvests increase and more land is granted to cocoa farms, Rycroft believes chocoholics like Kassebaum have reason to be worried.

"Chocolate will become a thing of the past," he said.



flickr.com/myklorentine/

Charity Goes Green

◀ HONDURAS page 7

said Saunders.

As a developing nation, Honduras is extremely poor and its people are impoverished.

"Things are rough down there," said Humphrey. "This project creates income for the artisans which is badly needed."

For all involved in Esfuerzo de Amor, helping those less fortunate is the most important issue at hand. As an affiliate, Saunders said the La Ceiba organization must continue to educate people on the benefits that equal trade offers to global welfare.

"UMW students are so great because they understand the difficulties that these women face," said Saunders. "They are willing to pay the

extra dollar for a sustainable trade relationship."

As a project that promotes both economic stability and environmental sustainability, Esfuerzo de Amor encompasses many concerns of the present generation.

The fact that my work here as an undergrad is actually helping these people is an absolutely amazing opportunity.

-Megan Higgs

For now, Humphrey has high hopes for the future of Esfuerzo de Amor.

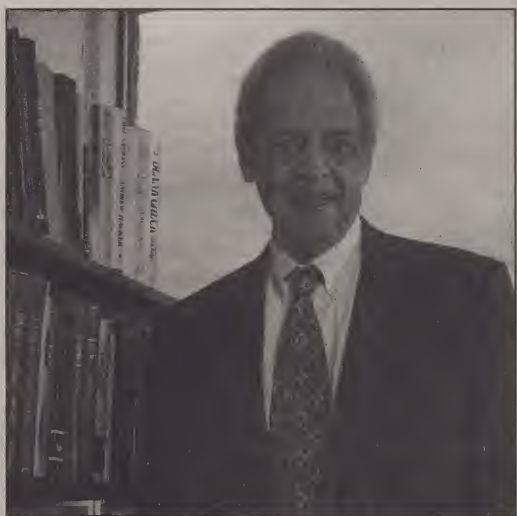
"We'd like to transform this into a social business," said Humphrey.

He maintains, however, that it's the students' job to take it to such a level. Higgs is ready for the challenge.

"For the future, my main goal of the project is definitely sustainability," she said. "I want to make sure these women can continue to have a stable income to provide food, medicine and more for their families."

For Saunders, a sense of fulfillment on many levels is what keeps him involved with and supportive of Esfuerzo de Amor.

"Having studied economic development as an undergraduate for the past three years has put me firmly in the mindset that collaborative creation is one of the greatest ways humans can support each other," he said.



umw.edu

Roger Wilkins Lecture Inspires

◀ WILKINS page 7

lieve in hugs for children"

Sophomore Machenzi May agreed.

"I was interested in the modern view of poverty in D.C. and civil rights," she said. "It's important since it's so close. It was also good to get a first hand view."

Wilkins told another story about children in poverty. He described a story of when his wife was at the grocery store while pregnant and she encountered a young girl who was also pregnant.

"We had a baby girl and so did [the young girl]," he explained. "All of a sudden, I realized the gap between them."

"I think that the United States has made a great error," he continued. "We didn't invest in children and schools, and they are almost guaranteed to become savages and predators."

"I guess if there is any message I would give to you based on my own experiences as a father, as an American, as a civil rights activist - we need to be energetic about these inner-city kids," Wilkins urged.

"We need to be the same way

about poor kids in Appalachia. The only difference between them is that the city is more lethal because there are more guns there."

"When I was in college," Wilkins concluded, "a professor said, 'You're the future of the country. You're going to run it,' and we giggled. We could not imagine that someday we would run the country. Well, I was there. I helped. I think - I pray - we need to think about the future and how to educate our children. A country that doesn't take care of its children is gambling with its future."

Although the question and answer session was cut short, "I have a broken elbow and a nervous wife," Wilkins explained, one student stood up and described growing up in the same neighborhood Wilkins addressed.

The student said he was the first one in his family to go to college, and he said he owes that to his mom's dedication. He said in his neighborhood, people are happy just to wake up in the morning.

"I ran up and hugged him afterward," Rosemary Hurley said. "I was most touched by [him]. I am very happy he is a student at UMW."

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Around Town

Can you be stabbed and not notice? A man who got into a dispute with his cousin and another man at Smokey Bones in Central Park did not realize until he had left the venue and arrived at a Sheetz 13 miles away that he had been stabbed. Initially he attributed the searing pain to the fight and the pepper spray used by security to disperse the fighters. Once he realized he was bleeding, however, he noticed he was stabbed and went to Riverside Tappahannock Hospital, 64 miles away, closer to his home.

The Free Lance-Star, Dec. 1

Around the Nation

The stock market saw its biggest increase yesterday in three months. The Standard & Poor's 500, considered one of the best gauges of U.S. markets, rose 2.2 percent. Additionally, companies added 93,000 jobs last month, according to Automatic Data Processing Employer Services. The gains seen are heartening to both investors and people in the market for jobs.

The Washington Post, Dec. 1

Around the World

Bitter cold weather hits Europe before winter even begins, killing eight people in Poland and closing airports from the UK to Switzerland. Snow and ice have swept the continent and created substantial flight delays in Brussels, Frankfurt, Munich, Vienna, Prague and Paris Orly. German roads saw 2,000 accidents on Tuesday due to the winter weather. Meteorologists are anticipating that the weather will come to an end on Thursday, but consistently low temperatures (around -20 degrees Fahrenheit) will keep the ice and snow around. Meanwhile, Montenegro saw heavy rains and flooding that necessitated the evacuation of hundreds of people from their homes, and Albania declared a state of emergency for the same reason.

The Washington Post, Dec. 1



Courtesy of The Washington Post

Stressed About Exams? UMW Wants to Help

Administration Offers Reprieve from Studying

By MEG DeMARIA
Staff Writer

For most students the last week of classes are the most stressful time of the academic year, and the University of Mary Washington has set forth initiatives to help students cope.

"Usually, final exams is a time when students have more exams in fewer days than at any other point in the semester. Further, many of those exams are cumulative, which only increases the stress," said Teyva Zukor, director of Counseling & Psychological Services (CAPS).

Options for students who need a break from the stress of finals include CAPS counseling services, extended gym hours and Office of Student Activities and Community Services sponsored events.

CAPS provides individual and group counseling services to full-time, undergraduate, degree-seeking students enrolled on the Fredericksburg campus.

"We tend to see a significant increase in demand for services in the weeks leading up to final exams," Zukor said. As stress increases, so does psychological distress. Stress

often exacerbates anxiety and depression for those students who are already confronting such issues. Final exams can also be difficult for students without such predisposition."

"It's especially stressful this year, because it's my senior year and I'm applying to grad schools," said senior Melanie Rossignol. "Every grade that I get counts and could effect the rest of my life and career."

Zukor suggests that students feeling stressed remember the importance of self-care.

Spending time with family and friends, in person or over the phone, is one of his top suggestions. Also, instead of constantly studying, Zukor suggests blocking out study time.

Relaxation techniques are another way of relieving stress.

Zukor stated, "For each minute that people are practicing relaxation, it is another minute that they are not experiencing stress. To be effective, relaxation techniques can be brief. The CAPS website has a number of audio relaxation techniques that are available for download. I encourage students to visit CAPS online and take advantage."

Zukor also emphasizes the importance of taking time for lunch with friends, exercise, or watching a movie.

"I go to the gym when I feel really stressed. It's relaxing after studying for a while. I just want to move around and get rid of some of my energy," said senior Kevin Hamerski.

The gym remains open during reading days December 4th and 5th from 12pm to 5pm and exam days Dec. 6-9 from 7a.m. to 9:30 p.m.

In addition to CAPS services, OSACS will be hosting their Stress Free Zone in the Great Hall from 11 a.m. to 3 p.m. on Monday, Dec. 6 through Wed., Dec. 8.

The Stress Free Zone is free to all students and there is no sign up necessary. In the Stress Free Zone there will be a plethora of stress relieving activities such as Play-Doh, coloring, Sudoku, and ornament making. There will also be plenty of food, snacks, and beverages.

"I love the stress free zone, it actually works for me. I went last year after my hardest exam and colored. It sounds silly, but it really made me feel better," said senior Gracie Oslager.

Finals Cheating a Statewide Trend

◀ CHEATING, page 1

University of Virginia's honor code, is not a one-sanction policy but rather a four-sanction policy. The four sanctions at UMW include academic suspension, community service, loss of course credit, and expulsion. The severity of the violation dictates the type of sanction a student receives which the Honor Council determines.

At colleges with a one-sanction policy, any breach of the honor code warrants expulsion. According to Baur from VMI, if cadets are found responsible for violating the honor code, they are dismissed with no regard to the severity of the offense.

Harris, said "The University of Virginia has one sanction for students found guilty of violating the Honor Code, expulsion from the University if they are a current student or revocation of their degree if they have graduated. This policy has been in effect since the inception of the Honor System at UVA in 1842."

"I understand that the drug policy at UMW is one strike. In my opinion, cheating and stealing is worse than smoking a joint," Provost Jay Harper said. "If I was to give anyone a second chance, it wouldn't be for cheating and stealing. Especially when you agree to abide by the honor code. When you break that, it is saying something about who you are as an individual."

Last year UMW, with approximately 4,000 undergraduate students, had 49 reported cases of honor code violations. UVA, with 20,895 students, had 47 reported cases.

"I think that people live up to expectations. If you set the standard for dishonesty and mistrust, they will live up to that. If you set the standard of honor, they will, too," said Angela Pitts, associate professor of the Department of Classics, Philosophy and Religion.

The UMW Honor Council recently underwent several changes to streamline the process including the exclusion of jury hearings, Spangler said.

"We want to be more transparent to the students on campus," Spangler said. "The majority of students fear being expelled when most are not sanctioned with expulsion but rather another sanction like loss of course credit."

When asked if she noticed any changes with honor-code violation cases Spangler noted, "Most of the cases we have

"If I was to give anyone a second chance, it wouldn't be for cheating and stealing. Especially when you agree to abide by the honor code."

-Provost Jay Harper

heard this year have been review and sanction which means the students accused have plead responsible. Most show a great deal of remorse. I think it speaks highly of the integrity of

the student body."

Students are not guilty as in court; at the Honor Council, they are found "responsible" or "not responsible," for the accusations.

Some UMW teachers leave the classroom after they administer examinations but require their students to write the honor pledge on the top of the test.

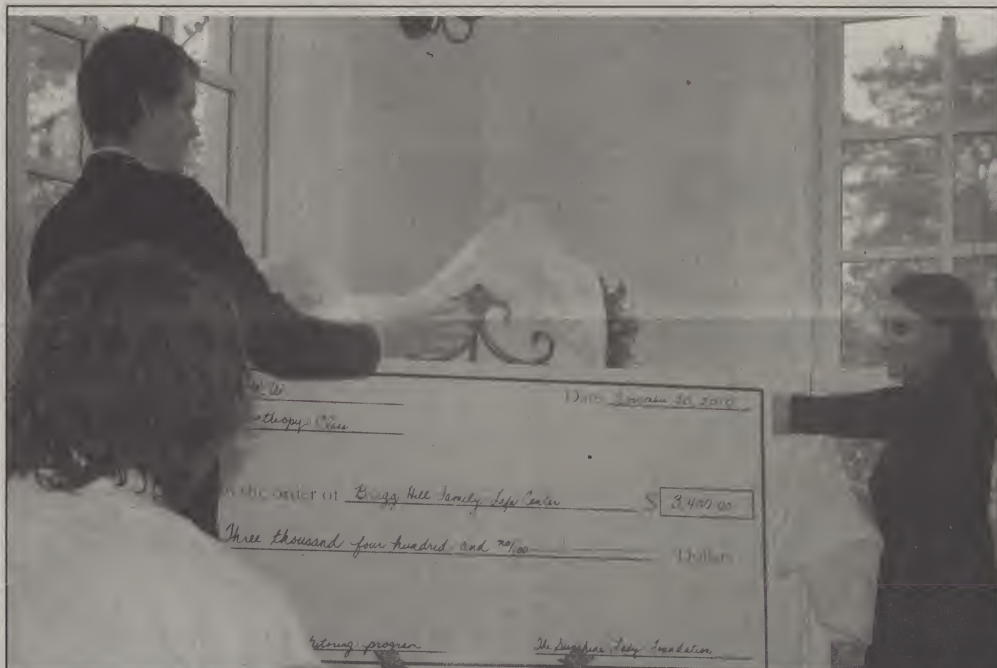
Professor Pitts recently changed her policy on take-home quizzes.

"I was noticing a huge discrepancy between quiz and test performance. It's not even that I'm mostly concerned about the cheating," she said. "I'm more concerned that students actually learn the material."

Spangler suggests time-management classes as a possible future sanction for UMW students found responsible for violating the honor code.

"We try to make the honor code a learning experience," Spangler said.

Brian Marx, Christina Rivituso, Doug Schultz and Chris Young contributed to this report.



The UMW philanthropy class unveils the \$3,400 check to Bragg Hill Family Life Center.

Marie Nicola/Bulletin

Students Suggest Recipients for \$10,000 to Benefit Community

◀ BUFFET, page 1

Buffett said, "We do a lot of things with mainly education. You don't get anywhere without an education."

Buffett also referenced her brother and said they have a lot in common.

"My brother talked about me on ABC this past Sunday," Buffett said.

"My brother does wholesale philanthropy. I do retail."

Buffett explained that the term "retail philanthropy" originated one night at dinner with her brother Warren and singer Bono. "[Warren] told Bono about my foundation," Buffett said.

"[Warren] said I do retail therapy meaning I don't endow institutions. I am orientated on

helping individual families."

Sophomore Colin Jennings sees the class as a unique opportunity for college students.

"The Economics of Philanthropy and the Nonprofit Sector is a unique and very meaningful opportunity," Jennings said. "The class harnesses the idealistic spirit of so many college students who really want to better the world and combine it with

the knowledge of how the non-profit sector operates. This class is so much more than a one-time distribution of \$10,000, but it is class that is training the philanthropists of tomorrow. With this experience, the students are better equipped to help manage and run non-profits in the future, which could provide millions of dollars worth of benefit to society."



Have any ideas, tips or suggestions? E-mail newsxcrew@gmail.com

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Sports

Fantasy Football Corner - Week 13

By **ZACH MORETTI**
Staff Writer

Start Em:

QB- Jay Cutler (Bears): I know, I know, I can't believe I'm trusting him either. But the fact is that since coming off his bye week, Cutler has been rather reliable, throwing for nine touchdowns and only three interceptions. He dissected a strong Eagles pass defense last week and didn't force the issue, but instead actually took what the defense gave him en route to throwing four touchdowns. The former Vanderbilt star will get to face the Lions this week, a team that ranks 18th in pass defense and a team that Cutler threw for 372 yards against earlier this season.

RB- Jonathon Stewart (Panthers): The Daily Show was a fantasy savior for many teams last year (1,200 total yards, 5.1 YPC, and 11 touchdowns), but in 2010 he has been a major dud. With just five games remaining, Stew-

art has only one double-digit fantasy effort and eclipsed 50 rushing yards just once. But Stewart seems to have finally put nagging injuries behind him, as he averaged a robust 8.2 YPC last week, totaling 98 yards on just 12 carries. Even with a timeshare still in place with Goodson also in tow, there should be plenty of yards to go around against a shaky Seattle run defense that ranks 22nd in the league.

RB- Toby Gerhart (Vikings): I'm banking this pick solely on the fact that while Adrian Peterson may appear superhuman, in reality that is not the case. Peterson reportedly told reporters that he was in "unbearable pain" after suffering a high ankle sprain against Washington this past week. I can't believe that Peterson will be healthy enough nor the Vikings dumb enough to run him out there come Sunday in a season where they are 4-7. That opens the door for Gerhart, who had a solid day in Peterson's absence (76 yards and a touch-

down) and will get to face a rancid Buffalo run defense that ranks worst in the NFL (167.4 rushing yards allowed per game).

WR- DaSean Jackson (Eagles): The flashy Philadelphia receiver with Road Runner like speed has been held in check in recent weeks, totaling just seven catches for 76 yards and no scores in his last two games. But the cure-all for a slumping wideout (unless your QB is Rusty Smith) is to face the dreadful Texans pass defense (31st in pass yards allowed, given up an NFL high 25 passing touchdowns, and surrendered a league high 13 plays of 40+ yards). So fear not Jackson owners, the Road Runner will be set free come Sunday.

WR- Santonio Holmes (Jets)

TE- Kevin Boss (Giants)

K- Nate Kaeding (Chargers)

DEF- New Orleans Saints

Sit Em:

QB- Ben Roethlisberger (Steelers): Big Ben has been impressive since returning from his season opening four game suspension, averaging over 260 passing yards per game while throwing for 12 touchdowns. But don't expect Roethlisberger to continue his strong season come Sunday, as he will struggle in a defensive battle against AFC North foe Baltimore. Roethlisberger has thrown for just three touchdowns in his last three games against Baltimore, and the Ravens pass defense is stout once again, ranking seventh in the NFL in pass yards allowed and giving up the sixth fewest passing touchdowns in the NFL this season. To complicate matters further, Big Ben was in a walking boot on Tuesday, battling a foot injury. He is expected to play, but there are just too many red flags.

RB- Darren McFadden (Raiders): The former fourth-overall pick finally started to live up to his unlimited po-



Courtesy of the AP

McFadden fantasy owners were thrilled with his consistent play early, but he has reverted to his old-self in recent weeks.

tential earlier this season. But his brief dominance over the league seems like a long time ago now, as McFadden has 18 carries for just 16 yards combined in his last two games, and it's been four games since he's found pay dirt. With the Chargers and their third ranked rush defense facing Oakland this week, look for McFadden to be bottled up once again.

WR- Roddy White (Falcons): The dynamic receiver out of UAB has had a stellar season, already eclipsing the 1,000 yard receiving mark with five games still to play. However, White has been held more in check in his last four games, being limited to single-digit fantasy outputs in three of those four contests. One of those games was against the Buccaneers, a team who will again oppose him come Sunday. Tampa Bay ranks ninth in the NFL in pass defense and lim-

ited White to 49 yards and 0 touchdowns in their earlier matchup.

RB- Ahmad Bradshaw (Giants)

WR- Wes Welker (Patriots)

TE- Jason Witten (Cowboys)

K- Matt Bryant (Buccaneers)

DEF- Philadelphia Eagles

Add Em:

QB- Matt Cassel (Chiefs)

RB- Brian Westbrook (49ers)

RB- Tashard Choice (Cowboys)

WR- Jacoby Ford (Raiders)

WR- Ben Obomanu (Seahawks)

TE- Jermaine Gresham (Bengals)

K- Joe Nedney (49ers)

DEF- St. Louis Rams

Last Week: 11-6

Overall Record: 98-79



Courtesy of Clint Offen

In years past, Bears QB Jay Cutler has been an interception machine. But in the past four weeks he has been a reliable play.

Equestrian Team Takes Third in Richmond Show

By **ALLISON KISSELL**
Staff Writer

Although campus hype and publicity for the University of Mary Washington's varsity equestrian team runs scarce, it does not mean that the Lady Eagles are sitting on the sidelines. In fact, this year the team is exhibiting great determination and success in their competitions and training.

Two Sundays ago, on Nov. 21, the varsity riding team placed third in the University of Richmond's Hunt show, sponsored by the Intercollegiate Horse Show Association in Ashland, Va. Goucher College earned first place with 35 points, while UMW attained 30.

The show contained several standout performances from Mary Washington riders in the different competitive levels. Winners include sophomore Haley Cook in open on the flat, junior Emilia Sanchez in novice over fences, and graduate

student Sarah Hagan in advanced walk-trot-canter. Additionally, senior Isabel Moore won novice flat despite it being her first experience competing in that division.

"The show at Richmond was my first time in open flat, and I was very happy with how I did," Cook said. "The horse I rode was well behaved, and I was able to watch it in the class before me, which was very helpful. It was a fun show because a lot of our riders were moving up divisions as well."

Along with the Richmond show, the Lady Eagles have competed in four other shows during the fall season.

"We all have ridden our best, and I think that it's evident in our overall standing. I'm very proud to be part of such a wonderful program and great group of people," Hagan said.

The riders contribute much of their success and motivation to their head coach, Teresa Seay.

"We have an amazing coach that is the main drive behind us," senior

captain Brittany Hill said. "She never lets us get all down and out when we don't win. She gives us the tools we need to get better, and the next time we have a show, we are that much more prepared."

With the conclusion of the fall semester approaching, the equestrian team is focusing on maintaining their dedication and discipline for the spring season. After their performance in Richmond, the UMW Eagles now hold an overall ranking of second place, trailing behind their main competition, Goucher College, by only three points.

The UMW equestrian team will resume action on Feb. 19-20 when they host a pair of shows at Hazelwild Farm. The riders have high hopes concerning their performances at these competitions, counting on the significance of a home field advantage.

"We have a hard working team with a bunch of great riders, so there is not much to improve upon. With this sport, a lot of times it is just luck of the draw," Team Captain Katherine Bartkowiak said. "Hopefully with some hard work and good draws, we will win Regions and move onto Zones and then Nationals."

Lucky horse draws or not, the varsity riding team will be a force to be reckoned with in the spring. The riders have high hopes of sending many individuals to Nationals, along with the entire team. Back in 2008 the Mary Washington equestrian team earned seventh place at Nationals. This year, the women aim to achieve an even better outcome.



Courtesy of Clint Offen

The UMW riding team has had a strong fall season, tallying three first place finishes, two second place finishes and a third place finish.

Campus Dining News

Campus Dining invites all students to a
Free Midnight Breakfast!
Door Prizes, too!

Monday, December 6
Seacobeck Hall
11:00 PM to 12:30 AM

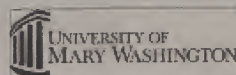
Decorate
Holiday Cookies!

Tuesday, December 7
5 PM - 7 PM in the Dome Room

Cost: Included with price of dinner

Dining facilities will be closed from December 11
to January 9 for Winter Break.
Happy Holidays!

Campus Dining Web Site: www.umwdining.com
Join our Facebook Group for special offers! "UMW Dining"



Sports

Trainer Available for Club Sports

By ZACH MORETTI
Staff Writer

In a story published earlier this year, the *Bullet* reported on several UMW club athletes who were who were upset over perceived lack of trainer access for 21 club teams and their over 700 members.

Campus Recreation Director Mark Mermelstein set the record straight this week by pointing out the club team's access to Associate Director of Campus Recreation Bob Liebau, who is a certified trainer.

"The Sport Club presidents are informed of Bob [Liebau]'s qualifications and availability as a certified athletic trainer on a number of occasions throughout the academic year," Mermelstein said. "They were again reminded this fall during our first president's meeting and several times

during the semester.

Liebau cited that 10 club athletes have come to see him with injuries this semester and stated that he is able to give "at home" options, recommendations for time off from practices, as well as advice for rehabilitation exercises.

"There is basically no difference between what I can do and what the athletic department's athletic trainers can do for students," Liebau said in an e-mail. "The limitations to service that I face are due to time (I am not a full-time athletic trainer) and facilities (I do not have access to the athletic department athletic training room since I am no longer in service to the athletic department)."

When senior rugby player Daniel Holcombe was informed of Liebau and his availability as a certified athletic trainer, he was surprised to learn the information.

"That's the first I've ever heard about him," Holcombe said. "[Men's rugby] got our own trainer from outside UMW who has attended our past couple of games."

Liebau earned his B.S. degree in Health and Physical Education from Virginia Polytechnic Institute, his MSED in Exercise Physiology also from Virginia Tech, and his MSED in Athletic Training from Old Dominion University.

Liebau served as UMW's Head Athletic Trainer from 1986 to 2003, when he left to take his current position as Associate Director of Campus Recreation.

Despite a possible disconnect, Mermelstein maintains that it is the job of the club presidents to alert their members of Liebau and his availability.

"It is the direct responsibility of each club's officers to pass this information along to their membership," Mermelstein said.

Mermelstein was also adamant that every UMW Club Sport is provided

with a first aid kit for those athletes who are injured during a practice or game and need attention on the spot.

"Each Eagle Sports Club is provided with a Cramer Soft-Sided first aid kit," Mermelstein said. "These kits are fairly standard for intercollegiate club and intramural programming. Each kit is stocked with all items necessary to carry out basic first aid in a campus setting."

"Bob Liebau has modified the kits he provided to varsity programs during his time as the certified athletic trainer

for athletics and keyed them for the needs of our sport clubs," he said.

While some club athletes may still be upset with the access and some may think that the services available are not adequate, Mermelstein insists that UMW is consistent with similar programs around the country.

"Our care for our Eagle Sport Club and IM Sports participants is in line with our peers and represents the standard of care for Campus Recreation programs across the nation," he said.



Paul Tindall/Bullet

The women's lacrosse club team is one of the 21 club sports here at UMW, in which over 700 student athletes participate.

"There is basically no difference between what I can do and what the athletic department's athletic trainers can do for students. The only limitations are due to time and facilities."

- Bob Liebau

Men's Basketball Splits OT Thrillers

By WESLEY HOST
Staff Writer

The Mary Washington men's basketball team split a pair of games this past weekend, losing a heart breaker and winning a thriller in two overtime games at the South Region Shootout in Winchester, Virginia.

On Saturday, Mary Washington lost to North Carolina Wesleyan 91-87 in double overtime. For the Eagles, it was a tale of two halves. In the first half they shot 44 percent from the field and netted six three-pointers, as UMW went into the locker room leading 40-33 at halftime.

In the second half, the Eagles field goal percentage plummeted to 34 per-

cent, and they only made three of 19 three-point attempts, which was detrimental for a team that relies so much on perimeter play.

Despite their poor offensive second half, the Eagles were down by just two with 22 seconds remaining when junior Ryan Farrar made a layup that tied the game and forced overtime. Farrar finished with a team high 14 points while freshmen E.J. Willis also played well, finishing with 12 points and eight rebounds.

The Bishops started the scoring in the first overtime with a three pointer by junior Matt Dougherty, but the Eagles responded with a 6-0 run to take the lead. Later in the extra period, a steal by junior Tad Dickman led to a fast break layup by Smith to increase the Eagles lead to 76-73. However, another late three-pointer by North Carolina Wesleyan's sharp shooter Dougherty knotted the score once again and caused a second overtime.

The Bishops Cornelius Snow netted an early three

just 16 seconds into the second overtime that gave North Carolina Wesleyan a lead they would not relinquish. The Bishops went on a 6-0 run later in the period to push their lead to eight, 87-79, and despite a late Eagles rally, it was simply too little too late.

"The team hasn't gotten to the point where they can establish the tempo of the game. They don't know when to push it and when to back down, being such a young team," Head Coach Rod Wood said. "We played to the opponents tempo, and we can't win games that way."

Less than 24 hours after that grueling double-overtime loss, the Eagles found themselves in yet another nail-biter, yet this time they emerged victorious over host school Shenandoah College.

The Eagles struggled early to find their offense, as nine minutes into the half they had just four points. UMW was outshot by the Hornets from the field, from three, and from the foul line in the first half and faced a deficit as large as 13 points. But the Eagles were not deterred, as they clawed their way back into the game by halftime and trailed by just four, 38-34.

The shooting did not improve for UMW in the second half, as their field goal percentage dipped down to an abysmal 30 percent and they connected on just one of 17 three pointers.

"We have to be a perimeter shooting team," Wood said. "Part of it is size, not having a big team, but we need to have more post presence."

The key to the game for the Eagles was their pressure defense. The defense caused an astonishing 34 turnovers, and

Dickman led the way with five steals, allowing UMW to overcome their offensive woes.

The Eagles kept grinding and continued to chip away at the lead into the second half. UMW was down by six with 1:41 to play when they went on a run to get back in the game once again. Freshman Walt Smith made a midrange jumper, Dickman connected on a pair of free throws and then converted a layup off a steal to give UMW a 6-0 run to tie the game with just under a minute to play.

The Eagles shot poor from the foul line in this game (64.5 percent), and after a field goal by Hornets sophomore Dominic Chappell, it would come down to a pair of free throws by freshman Matt Boward to decide UMW's fate. Boward hit both free throws with a lone second remaining to force overtime.

The Eagles took control in overtime, outscoring Shenandoah 15-4 to secure the victory. UMW had five players score in double figures, led by Willis' 14, and Dickman and Boward did the major work on the glass, as they recorded eight and nine rebounds respectively.

The win pushed the Eagles back over .500, as their record now sits at 3-2. With both games in this tournament being out of conference, their CAC mark sits spotless at 1-0. UMW took on Stevenson University at home last night, Dec. 1, but the results did not finish in time to be included in this issue. The next men's basketball game will take place on Dec. 13, when the Eagles will take on Christopher Newport University at 5 p.m. in Goolrick Gymnasium.



Courtesy of Clint Offen

The men's basketball team lost a double-overtime game to North Carolina Wesleyan but quickly rebounded to win an overtime game the following day.

All-Sports Award

UMW claimed ownership of the CAC All-Sports Award a record 11 times (1992-98 and 2002-05), currently sits in second place in the all-sports award with 51.00 points after the six-sport fall season. UMW captured the field hockey title and placed second in both cross country championships to remain within seven points of the Salisbury Sea Gulls.